

TMS MISSION STATEMENT Bee
Hozhoogo Tsehootsooi Middle
School fosters a safe learning
environment that provides for a
broad range of experiences
learning to academic growth
technological literacy, and self-
confidence for all students.



TSEHOOTSOOI MIDDLE SCHOOL
S.Y. 2024-2025

TMS VISION STATEMENT
Naasgo Tsehootsooi Middle
School will empower Dine
scholars committed to life-
long learning that enriches
their lives, their culture, and
their environment.

THINK ROCKS
RESPECT-ORGANIZED-CHARACTER-KINDNESS-SAFETY

BEFORE YOU MAKE YOUR ACTION AND DECISION.

KEEP IN MIND THAT YOU ARE RESPONSIBLE AND ACCOUNTABLE IN EVERYTHING YOU DO.

PHYSICAL EDUCATION WEEKLY ACTIVITY Q1

Grade 7 & 8

AUGUST 4, 2025 - MONDAY

- I. ORIENTATION**
 - A. Syllabus
 - B. Class expectations
 - C. Rules and regulations

AUGUST 5, 2025 -TUESDAY

- I. PRE-PHYSICAL FITNESS TEST**
 - A. Weight
 - B. Height
- II. CALISTHENICS**
 - A. Conditioning

AUGUST 6, 2025 - WEDNESDAY

- I. PRE-PHYSICAL FITNESS TEST**
 - A. Sit-up
 - B. Push-up
- II. CALISTHENICS**
 - A. Conditioning

AUGUST 7, 2025 – THURSDAY

- I. PRE-PHYSICAL FITNESS TEST**
 - A. Sit and Reach
 - B. Standing long jump
- II. CALISTHENICS**
 - A. Conditioning

AUGUST 8, 2025 - FRIDAY

- I. COMPLETION OF ACTIVITY**
 - A. ORIENTATION**
 - 1. Syllabus

2. Class expectations
3. Rules and regulations

B. PRE-PHYSICAL FITNESS TEST

1. Weight
2. Height
3. Sit-up
4. Push-up
5. Sit and Reach
6. Standing long jump

C. Ball game/ Calisthenics